

Ricotta from Whole milk

Equipment Needed:

4L whole milk, 2tsp citric acid, 1tsp salt, 250ml water, thermometer, muslin cloth, strainer or colander, large pot, measuring jug and spoons, slotted spoon

Instructions:

1. Add 2 tsp of citric acid per 4L of liquid (dissolved in 250ml cool water) into a small bowl or jug. Pour the milk into a large pan and add 1/2 of this Citric Acid solution (save the rest of the citric acid). Stir briskly for 5-10 seconds. Add 1 tsp salt.
2. Heat the milk slowly on low to med stirring well to prevent scorching
3. At 76°C watch for small flakes forming in the milk and the separation of small curds.
4. If after a few minutes you do not see the flakes forming, add more of the Citric acid until they form (do this a tsp at a time to avoid ending up with overly acidic and sour cheese).
5. Continue heating to 90°C then turn the heat off. The thermal mass of the whey will hold at this temp for quite some time.
6. As the curds rise, use a slotted spoon to gently move them from the sides to the centre of the pot. These clumps of curd will begin to consolidate floating on top of the liquid. Let the curds rest for 10-15 min in the pan.

7. Ladle the curds gently into a colander or strainer lined with muslin cloth. For a fresh light ricotta, drain it for 15 minutes (until the free whey drainage slows) and chill to below 10°C. For a rich, dense and buttery texture allow it to drain for an extended period of time (several hours). before chilling overnight
8. Move to your refrigerator and consume within 10 days (or right away!)

For either of the two recipes, if you want to make a smaller quantity of cheese you can scale down the amounts as necessary. If you do this, be aware though that the time spent in the microwave will also need to be adjusted down so that your cheese doesn't overheat.

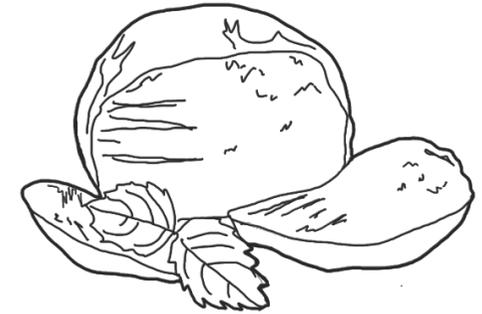
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Cheese Kit



Mozzarella &
Ricotta

INSTRUCTIONS

Mozzarella recipe:

Knowing how to make your own mozzarella is a dangerous thing. Knowing that at any moment, should the desire present itself, you could whip up your very own ball of creamy mozzarella, still warm from the whey whence it came? Yes. Very very dangerous. Here's how to do it.

Equipment Needed:

310ml water, 4L milk, large non-reactive pot, 1/4 rennet tablet, 1 teaspoon salt, 1 1/2 teaspoons citric acid, measuring jug and spoons, thermometer, spatula or similar slim instrument for cutting the curds, slotted spoon, microwavable bowl, rubber gloves (optional)

Instructions:

1. Prepare the Citric Acid and Rennet: Measure out 250ml of water. Stir in the citric acid until dissolved. Measure out 60ml cup of water in a separate bowl. Stir in the rennet until dissolved.
2. Warm the Milk: Pour the milk into the pot. Stir in the citric acid solution. Set the pot over medium-high heat and warm to 32°C, stirring gently.
3. Add the Rennet: Remove the pot from heat and gently stir in the rennet solution. Count to 30. Stop stirring, cover the pot, and let it sit undisturbed for 5 minutes.
4. Cut the Curds: After five minutes, the milk should have set, and it should look and feel like soft silken tofu. If it is still liquidy, re-cover the pot and let it sit for another five minutes. Once the milk has set, cut it into uniform curds: make several parallel cuts vertically through the curds and then several parallel cuts horizontally, creating a grid-like pattern. Make sure you reach all the way to the bottom of the pan.
5. Cook the Curds: Place the pot back on the stove over medium heat and warm the curds to 41°C. Stir slowly as the curds warm, but try not to break them up too much. The curds will eventually clump together and separate more completely from the yellow whey.
6. Remove the Curds from Heat and Stir: Remove the pan from the heat and continue stirring gently for another 5 minutes.
7. Separate the Curds from the Whey: Ladle the curds into a microwave-safe bowl with the slotted spoon.
8. Microwave the Curds: Microwave the curds for one minute. Drain off the whey. Put on your rubber gloves and fold the curds over on themselves a few times. At this point, the curds will still be very loose and cottage-cheese-like.
9. Microwave the Curds to 57°C: Microwave the curds for another 30 seconds and check their internal temperature. If the temperature has reached 57°C, continue with stretching the curds. If not, continue microwaving in 30-second bursts until they reach temperature. The curds need to reach this temperature in order to stretch properly.
10. Stretch and Shape the Mozzarella: Sprinkle the salt over the cheese and squish it with your fingers to incorporate. Using both hands, stretch and fold the curds repeatedly. It will start to tighten, become firm, and take on a glossy sheen. When this happens, you are ready to shape the mozzarella. Make one large ball, two smaller balls, or several bite-sized bocconcini. Try not to over-work the mozzarella.
11. Using and storing your mozzarella: The mozzarella can be used immediately or kept refrigerated for a week. To refrigerate, place the mozzarella in a small container. Mix a teaspoon of salt with a cup of cool whey and pour this over the mozzarella. Cover and refrigerate.

ADDITIONAL NOTES

- Milk for Mozzarella: Almost any milk can be used for making mozzarella: whole, 2%, skim, cow, goat, raw, organic, or pasteurized. Pasteurized milk is fine to use, but make sure that it is not ultra high temperature (UHT) pasteurized.
- Melting Homemade Mozzarella: homemade mozzarella doesn't always melt as completely as store-bought mozzarella, especially if I've overworked the cheese and it has become very stiff. If you're planning to make pizza or something else where melting is desired, use a whole-fat milk and make extra-sure not to overwork the cheese. It can also help to grate the cheese rather than slice it.
- Using Leftover Whey: Making mozzarella leaves you with almost 3 1/2 quarts of whey! You can use this whey in place of water in bread recipes and other baked goods or mix it into smoothies.